

Chapter 6

Balancing the mind & emotions

~ for peace and happiness & a calm and contented mind ~



“Life without goodness; good thoughts, good actions and good words

is like the sky in the night without the moon or stars.

It is like a wheel without a hub or spokes.

No one can push a boulder away while standing on it

- no one can be free from anxiety while all the entrances

through which it sneaks in are open.”

~ Atharva Veda ~

How to be happy & peaceful!

The ancient Vedic texts of Indian philosophy abound with prescriptions for lasting peace and happiness. The pages that follow synthesis a little of their teachings.

- Past experiences, good or bad, are our greatest teachers; in fact they are our only teachers. Brooding over past events and worrying about the future fills our minds with toxic waste; it is a useless pastime and drains our mental power. How we develop and refine our mind determines our success, fulfilment and happiness in life.
- During every waking moment we have a choice; either stand back and quietly contemplate how to react appropriately to any given situation or to allow our lower instincts; our robotic, mechanistic instincts, to take over, without any thought or concern for the consequences of our actions. We always have the power to determine which attitude to adopt – we can either look at any negative or stressful situation as a crisis, a nightmare, a seemingly insurmountable problem or as simply an opportunity to learn and grow; it all depends on our chosen interpretation of the situation.
- We all have the capacity to allow ourselves to see the cup as half full or half empty – it is simply our response to events and situations that determines which it is to be. If we have the resourcefulness to cultivate inward calm, by controlling our negative thought patterns, the outer world responds accordingly. All that is required to create a peaceful, harmonious outer experience is a bed-rock of inner peace and calm.
- There are no mistakes or truly negative experiences in the relative world; it is just as it should be. To savour the very best of life we must have savoured it's opposite to know it for what it is. How can we truly experience pure joy and exuberance unless we know and have experienced its exact opposite?
- Once we stop judging people, situations and circumstances as good or bad, positive or negative, we can simply and passively experience them, learn from them, grow through them and become stronger, mentally and physically.
- We need to remember that more often than not as one door closes another one opens. Without closing the first door the other is unable to open – it is the letting go that enables the other to begin to manifest. If we wish to create a new reality we must first create new thoughts, for the foundation of our relative experience begins in the mind. It is our ideas about something that causes the outer reality and not the other way round.
- The trick is to imagine, as vividly as possible, the outer experience or event we would like to create and then to allow the universe to take care of the details. If we cultivate an attitude of total expectancy, and allow dormant forces of true knowledge to awaken within us, we will be ready to clearly perceive the opportunities that present themselves. We will be able to react appropriately and decisively to them and thus ensure their positive outcome. We must consciously and perpetually replace all negative thoughts with positive and uplifting thoughts. We must remember that if we are able to allow negative thoughts to dominate our thinking we can also allow ourselves to be dominated by positive thoughts; it is our divine birthright.
- A weak mind leads to weak thoughts and actions. However, a strong and positive mind ensures success in the outer world and becomes a true measure of our success in cultivating inner peace and harmony. Everything in life is first created first in the mind and then in our outer reality. If we take responsibility for our own thoughts, turning negative into positive, the world around us responds in a positive way. Inner peace and happiness is always rewarded with a delightful outer experience. It is never the other way round.
- The richness and quality of life is a reflection of the richness and quality of our thoughts so if we truly wish to have a wonderful and meaningful life on this planet we need to ensure we cultivate peaceful, meaningful thoughts. If we patiently expect a positive outcome we will surely receive it but only if we prepare our mind

first. We must believe that if we can think or dream of anything at all it is because we truly have the capacity to realise it on an outward level.

- Our minds have immeasurable power and can literally materialize anything we desire so long as we remain patiently focused on what it is we wish to have. Thus, we need to discover, through relaxed contemplation, what it is we truly want from our lives and then we must direct all of our attention towards it. If we can direct our intention and attention to our innermost desires, in a relaxed and concentrated manner, they will begin to manifest with ease.
- If we delay the process of cultivating our minds because we're too busy pursuing other goals we're never going to achieve true peace and happiness. If we have a leaky pipe in our home and we delay fixing it, the house may eventually flood and the small problem becomes a hundred times worse. Or, if we do not take the time to backup our computer files each week, we may eventually lose them all and have to start from scratch when it crashes due to a virus or hardware malfunction. Similarly, each day we delay refining our minds and pursuing our innermost desires, we push our peace and happiness further and further away.
- Tiredness and lack of motivation also result when we fail to follow our inner dreams and desires. Once we are living and following our greatest dreams fatigue becomes a thing of the past, for every action then becomes a source of fulfilment and joy. This brings sharpness, clarity and motivation to our lives. Tiredness is our support for showing us what is not meant to be done by us, whilst energy and motivation shows us where we are ultimately meant to direct our energies for lasting success and happiness.
- If we become accustomed to leading perpetually hectic, frantic lives we miss out on the pure joy of living and eventually become uncomfortable in peaceful, harmonious surroundings and being with relaxed, happy people. More disturbing still is the fact that we also become uncomfortable when our own minds transcend towards peace and stillness. True peace and stillness becomes foreign to us and we consciously or unconsciously try to avoid it. If we do not learn to control our mind at the earliest opportunity it begins to control us and we become a slave to its unruly, desire-ridden nature. If we cultivate inner silence and stillness, in mind and body, we will see it reflected in our outward life; we will begin to notice it in our surroundings and the people we meet each and every day.
- The way we see and believe life will unfold, is the way it will unfold for us, so we must practice the art of 'seeing in our minds eye' the way we wish to have these situations and events unfold. If we cannot see the target we will never be able to hit it; we need to form a clear mental image of the outcome and the clearer the mental image the more effective will be the outcome. By seeing the outcome in the present, rather than in the dim and distant future, allows the results to come more quickly; imagine the success you desire has already occurred and that you are already reaping the rewards. Also, by writing down our goals we bring them to life simply through the act of committing them to paper. This act allows clarity of purpose and we then begin to consciously and subconsciously notice or seek out opportunities that allow them to develop. We must not let doubts or negative thoughts get in the way – we must get into the habit of replacing them with more positive thoughts the moment they arise. If we ponder on negative situations for long enough we allow them to start manifesting –as we have begun the process of creating them.
- One way of speeding along the process of achieving our dreams and desires is to help others achieve theirs. The more we are in the field of success and achievement the more its energy is drawn to us and the faster our dreams can manifest into reality. By acknowledging another's purpose in life we also acknowledge our own. A life without purpose ceases to have any meaning and eventually withers away but a life lived with purpose grows and evolves in leaps and bounds. If we confidently work towards our goals and ambitions and aspire to do only things we really love to do, we will achieve lasting peace and happiness.
- The key to a joyous and happy life is to quietly contemplate our dharma or 'life-purpose' and, having discovered where our heart lies, applying our unique skills and talents towards achieving our purpose. We

must let go of any disappointments or setbacks along the way and rejoice in every tiny success we achieve. Therein we find the objective of life itself and begin to experience profound fulfilment and happiness.

- There are no limits in life other than the ones we set our self. We can change negative thought patterns and bad habits in an instant if we so desire. As long as we consciously direct our energy and motivation towards the goal we have set ourselves we can easily replace any negative thoughts and bad habits for with more life-sustaining ones. However, we should never do anything just because we have to; we should act from our sense of knowingness and righteousness. If it is the right thing to do we should do it without any hesitation whatsoever, acting from our divine intuition; our heart centre.
- There is no situation that is inherently painful or pleasant outside of our perception of it. They are both conditioned responses based on past experiences. When we begin to realise this we move into a new arena of life; an arena of choice. Just because we experienced something a certain way in the past does not mean it will occur in exactly the same way again. If we react to a given situation with anger or fear it is because we are basing our reasoning on past experiences; and past events do not usually pan out exactly the same way twice. In this circumstance we suffer from false thinking and act from a position of ignorance; we fall prey to a conditioned response. We should aim to cultivate an attitude of non-attachment towards outer events and thereby prevent ourselves falling into the trap of fear and ignorance.
- Rest, play and relaxation are as important to a successful and fulfilling life as anything we can ever do or say. The amount of success we achieve in outer lives is in direct proportion to the level of peace and contentment we cultivate in our hearts and minds. Without lightness of spirit, love of life, appreciation of silence and mental clarity all our actions become ineffective and energy-depleting. The healthier our physical body and the more our minds are rested, the more strength and energy we have to direct into the outer world.
- If we don't recognize the value of rest, relaxation, meditation and prayer we cannot hope to achieve anything of any significance in our outer world. We may achieve great power and riches but it will have been at the cost of our inner strength, peace of mind and happiness. We must therefore take great care of our inner core; the bedrock of our existence, so that we have great strength and resilience to direct our energy into the world around us. A man who is rested and relaxed can direct twice as much energy to his home and work environment, and can therefore achieve success in half the time and with half the energy it takes a man who is frantically busy and stressed all day long.
- Everything in our relative world must have its equal and opposite and this is no different when it comes to our minds. The deeper the mind is able to dive into silence on a regular basis, the higher, and faster and longer our mental faculties work. There are many ways of doing this including gentle exercise, yoga, breath awareness, dance, music, prayer, solitude and walking in nature on a daily basis. However, the most powerful way to still the mind and release energy is meditation, which should be practiced for at least twenty minutes twice a day to be most effective.
- For the mind to be stilled easily the body needs to be healthy and this means good, wholesome fuel in terms of food and drink. The more fresh and natural our food the more energy our body has at its disposal; we are no more than the fuel (food) we put into ourselves. If our food is poor, our body and mind are weak. If our mind and body are weak our thoughts are also weak. If our thoughts are weak our choices become poor, weak and confused. Weak choices lead to poor decisions and consequently to poor, ineffective actions. Poor, ineffective actions do not achieve success and we end up tired, stressed, unfulfilled and unhappy. Therefore, the foundation of our existence is the food we choose to eat and the lifestyle we chose to lead. The choices we make in this area ultimately determine our success or failure in life.
- If we choose to eat meat we dull our mind, as meat is a heavy food and hard for the body to digest. The digestive system uses most energy, and if it has to digest heavy foods, it leaves very little energy for our mental faculties. It also builds up heat in the mind and body, leading to anger and violence and also to inflammatory conditions such as gout and arthritis. However, eating fresh organic fruit, vegetables grains and

pulses create energy, ojas and vitality – these types of food increase our prana or life energy and help us ward off stress. Old age and disease.

- Simply by allowing time to reflect on our lives, and contemplating where it may be improved, is to start a process whereby we may begin to discover joy in our lives again. The only way to improve our lives is to be able to notice and acknowledge what we did wrong yesterday and then to make a commitment not to fall into the same trap twice. As we continue with this process our judgment becomes refined and our lives become more successful.
- As we begin to make positive changes we should remain alert to the consequences of these changes so that we know we're on the right track. We may perhaps notice that on the days when we go to bed early, and consequently arise much earlier in the morning, we have more energy and are happier throughout the day. We may also notice that when we go to bed earlier we actually need less sleep. We may perhaps notice that when we take the time to stroll in the countryside we feel much better, and are more caring and friendly to those around us. We may also notice that when we are able to get some rays of sunshine on our skin each day, our bodies feel healthier and more alive. We may notice we have more energy and the mind feels sharper when we don't eat meat, or that when we have a light meal in the evening we sleep better and wake more refreshed. Perhaps we notice that a little laughter each morning, or playing with our children, releases 'feel-good' hormones in the mind and body and then allows us greater clarity and enjoyment of the rest of the day.
- As we begin to notice that as we change our thought patterns our outlook on life becomes positive and our self-image improves. As we clear away the clutter from the mind we uncover the true meaning of our lives and begin to prioritise those things that matter and reprioritise those things that don't. Life slowly begins to become more peaceful, less stressed and more fulfilling.
- As we begin this process of renewal and rejuvenation of the mind our fear of failure also becomes less and less and stops draining our energy. Indeed, we finally realise that there is no real failure in life, only opportunities to learn and grow and become stronger in the process. As our energy increases, our willpower also increases, and we begin to find we are falling off the path of happiness and contentment less often. We may also find that we are more able to cope with the consequences when we do. This knowledge and strength gives us a great sense of freedom and feelings of inner power that allows us to stick to our new way of being more easily.
- As we begin to be more self-referral and less ego based we become more self-controlled and more able to hold back when a situation demands it. A once angry response to a situation now becomes calmer and allows for more constructive ideas on how to resolve the particular situation. As we begin to achieve small victories over our restless minds we allow larger victories to be achieved in our outer world. We begin to understand that ninety-nine percent of our success comes from using just one percent of our minds capacity and that ninety-nine percent of our thought is pure junk anyway and serves only to interfere with the truth of any given situation.
- If we can learn to laugh at our ourselves every once in a while, and not take life so seriously, we begin to notice that we are already surrounded by beauty and joy, and that our searching for happiness in the outer world was in vain; it was right here in front of us all the while. As we begin to see the world in a different light and start to pay less attention to our doubts and fears we realise that failure is impossible. As long as we work steadily and consciously towards achieving our objectives, success is assured and our desires are fulfilled.
- However, our happiness is just the journey on which we travel through life; it is not the final destination. When we allow ourselves to stop and savour each and every moment, pure joy becomes our everlasting reality. When we stop chasing the desire for success and achievement in the outer world we begin to find it is already present in our quiet inner world. As we start to live more and more in the present moment we realise that happiness and joy were always with us. We then become a source of pleasure and joy to ourselves and to those around us.

Key points for cultivating mental peace

- Remember to gently turn your mind away from negative/stressful thoughts and to place your attention on the area of the body where this negativity appears to be felt. Rest your attention on this area for a while, breathe into it and as the feeling fades, turn the mind to healthier, happier thoughts.
- Remember that fear, worry and anxiety are the largest drain on the body's energy levels and a major cause of illness and disease.
- Try to live in the present; enjoying and savouring each precious moment. Regret, or reminiscence of past events, drain your energy and hinder your enjoyment and appreciation of the present. Accept what has been, what is and what may be, and enjoy each moment - for it comes only once.
- Trust in nature and have faith that the future will work out fine when unhindered by stress and negative thought patterns.
- Use positive language in verbal and mental communication with yourself and others. Try not to use words such as, *I can't, I should and I need* and replace them with words such as; *I can, I will, I must or I choose*. These words have more power of conviction and are more likely to be acted upon
- Boost your confidence, self-worth and self-esteem by listing all the things you like about yourself, the things that make you unique and all the things you are good at.
- Remember that it is only through self-confidence, happiness and inner harmony that you may pass joy and happiness to those around you. Love and peace can only spread through the world, affecting each and every living thing when we are happy and loving within ourselves.
- Help yourself to help others by radiating love, peace, honesty, understanding and calmness. Notice the beauty and gentle sounds of nature and spend time appreciating the rising or setting sun.
- Be non-judgemental and graciously accept the way things are. Remind yourself often for it is the only way to truly begin to learn how to change oneself. Practice acceptance and silently allow life to unfold naturally and effortlessly, accepting things as they are and not as you wish they were.
- Learn to trust and act on your intuition, trying not to let the mind hinder your self-referral process with fear, doubt or anxiety. Casually witness the choices you make each day and ask yourself what the consequences of making this or that particular choice might be. Will acting on the choice you make bring fulfilment and happiness towards yourself and those affected by making that choice?
- Having now begun to accept the challenges life throws your way and also having begun to trust and act upon your intuition in response to them, it's now time to also take responsibility for your actions. This means not blaming anyone or anything for the situations you find yourself in and realising that each and every situation presented is an opportunity in disguise. It is an opportunity to observe, listen and learn and transform it into a great benefit.
- Relinquish the need to defend a point of view. Try not to feel the need to convince or persuade others to accept your point of view or to be rigidly attached to it. This way, the mind is flexible and free. It is able to move on, progress and learn.

Resolving inner conflict & limiting beliefs

‘The Enquiry’

Here are a series of questions that you can ask yourself to enable you to delve into the heart of any issue or problem that is troubling you. By thinking of the issue you would like to resolve and then asking yourself these questions the inner reality of the situation is often revealed. It is important to be really honest with yourself and to listen to your intuition. Ignore your intellectual mind and listen to your quiet, inner voice that would truthfully like to dissolve the particular issue in question, forever.

First think of the particular situation, person, issue or problem that troubles you most at this present moment. Now create a statement regarding this situation, person, issue or problem that you think you have. Make the statement as clear as possible eg: my boss makes my job very stressful; my son shouldn't play on the computer so much; my partner should help me around the house more often; my mother should be more understanding; if I had more money my life would be happier.

For each statement you come up with, ask yourself:

- Is it true?
- Can I absolutely know that my statement or thought is true?
- How do I react when I think this particular thought?
- Who would I be without this thought?
- What would I be like without this thought?

Do not judge each answer too deeply; just be open-minded and relaxed and see what answer spontaneously appears. Try not to be too intellectual or rational and listen to your heart rather than your intellect. See what you really think and not what you may ‘think you should think’ or what others may ‘think you should think’.

- Now see if you can change the original statement round so it applies to yourself rather than the other person. If your statement was ‘my son should not play on the computer so much’ turn it round to say ‘I should not be on the computer so much’ or ‘I should not watch television so much’.

Ask yourself if this reversed statement is true or has any relevance on some level if you are very honest with yourself?

- Now turn the original statement round to it's opposite and then apply it to yourself. You might now have ‘I should be on the computer as often as I am’ or ‘I should be watching television as often as I do’.

Ask yourself if this opposite statement could perhaps be true, especially at the present time?

- Now apply this new (opposite) statement to the other person or situation. For instance the statement may now say ‘my son should be watching television so much’ or ‘my son does need to play computer games so often (he needs to distract himself from the fact his best friend has just been badly hurt in a traffic accident)’.

Ask yourself if this new (opposite) statement could perhaps be true on some level?

Below is a slightly expanded version of the above and may help you go deeper into the absolute reality of the statements you create. Just ask yourself these questions and wait to see if a little clarity and understanding begins to dawn in your awareness.

Create your statement and ask yourself:

- Is it true?
- What's the underlying reality of it? (Does it really happen? Does he/she really do that? Am I really like that? Do I really do that?)
- Whose business it is anyway? (Is not my business only my business and not his/her business? Is his/her business only his/her business and not mine?)
- Can I absolutely know that this statement is true? (What if I am wrong? Could I possibly be wrong in my judgment of this situation/issue?)

- What are the consequences of my statement?
- What are the consequences of my interpretation of the situation/issue?
- What does my statement mean for me and for the other person? Am I a better person or a worse person for it? Are they a better person or a worse person for it?
- What do I think I would have if things were the way I think they should be?
- What's the worst that could happen if my statement is really true?
- What's the "should"? (if there's no should in the original statement then put one in). Where's the proof that this should be so? Where's the proof that things 'should' be any different than what they already are?
- What have I to learn from this situation?
- Will I be a better person or a stronger person from having learnt from this situation?
- Am I going to live life more fully in the future from having resolved this issue?
- Will I be happier if I drop this thought?

Consider for a moment how you react when you think (or believe) the original statement? How much of your life is based upon it? What do you do and what do you say when you do and say you believe it?

Now ask yourself:

- Can I see a reason to drop this thought?
- Can I find one stress-free reason to keep this thought?
- Who would I be without that thought? How would I be without that thought?

Now turn around the original statement. Here is an example: "Paul should appreciate me".

If you turn it around to yourself it becomes: "I should appreciate myself" (it's my job, not his).

Turning it around to the other person it becomes: "I should appreciate Paul" (especially when he doesn't appreciate me).

If you turn it around to the opposite it becomes: "Paul shouldn't appreciate me (unless he does)".

Now consider each of the questions below and work through 'the enquiry' again (if necessary) for each individual person. By slightly altering these questions they can also be applied to other issues or situations.

- Who angers or saddens or disappoints me?
- What is it about them that I didn't or still don't like?
- How do I want them to change?
- Why do I want them to change?
- What do I want them to do?
- Why do I want them to do this?
- Do I need anything from them?
- Why do I need anything from them?
- What do they need to give me in order for me to be happy?
- What do they need to do in order for me to be happy?
- What do I think of them?
- Why do I think of them in this way?
- What is it that I don't ever want to experience with that person, thing or situation again?

By simply asking yourself these questions you begin to look at your circumstances and situations in a different light. The trick is to ask yourself these questions in a relaxed, non-judgmental way and then to notice the answers coming to you without much prompting. Be as light as possible and consider the ways in which the initial answers could be reversed or turned around. Try and allow your more intuitive or sub-conscious mind to answer for you and just innocently 'watch' the answers appearing. Ask yourself these questions whenever negative thoughts arise about any situation, circumstance or issue. You'll soon find that you are able to stand back and witness these thoughts popping up in your awareness and be able to let them go as quickly as they fleetingly appeared in the first place.

If you are interested in this line of enquiry we strongly recommend reading the book on which this material is based: 'Loving What Is' by Byron Katie.

Thought Field Therapy (Tft)

Thought Field Therapy is a simple technique which involves tapping or pressing on energy points (marmas) to rapidly remove phobias, traumas, anxiety and depression. This miraculous phenomenon can seem bewildering to the patient who has often undergone months and sometimes years of physiological counselling to control the problem; and often to little or no avail. The technique has been developed and refined over the past twenty-five years through the dedication and perseverance of Roger Callahan, an eminent and highly successful American clinical psychologist. Many practitioners now claim it has an amazing success rate of over 95%.

At the heart of his theory is the belief that behind every emotional problem is an undigested thought or 'perturbation'. In stressful situations our minds filter out anything we can't cope with in order for us to deal more effectively with the situation in hand. However, the problem here is that if these issues are permanently blocked from our awareness and we are never given a chance to deal with, then they may eventually pop up as phobias, fears, anxieties that bear very little or no resemblance to the original problem or situation. A mistake of the intellect during the stressful situation leads to a 'perturbation' in that particular 'thought field'. It can permanently cloud our judgement surrounding many seemingly unconnected issues and creates further stress and often causes ill health or dis-ease. As the problem is simply a wrongly 'tuned' frequency connected with that particular past event, it follows that removing or 're-tuning' that thought field will resolve the issue very quickly.

Ayurveda views the mind in a similar way and uses meditation to rectify imbalances that are present. Meditation involves introducing a sound into the body's vibrational field. This sound 'resonates' within the vibrational blueprint of the person and entrains his/her vibrational field back into balance. During the practice of meditation the mind transcends through the various 'perturbations' or stresses and arrives effortlessly at a state of pure awareness or restful alertness. This is the realm of pure un-manifest consciousness (the quantum level) that is free from stress, imbalance or 'perturbation'. As the mind is naturally drawn back from this quantum level to the manifest level of reality it entrains the mind back into a state of normality. It infuses the mind with vibrant energy and 'irons out' perturbations – the more this takes place the more often these perturbations are dissolved and collapsed and the more balanced the mind/body becomes.

While meditation releases stresses/imbbalances/perturbations on a daily basis and slowly dissolves accumulated mental debris Thought Field Therapy rapidly tackles specific and often extreme imbalances that are causing severe problems in the present. The two therefore work hand in hand to create balance and harmony in the physiology. Meditation gently works away at dissolving perturbations that may cause problems in the future whilst Thought Field Therapy tackles perturbations that have become a problem and need dissolving or collapsing quickly.

Whilst it is advisable to consult a qualified TFT practitioner if you have a severe problem, many people have cured themselves of simple or mild anxieties, fears and phobias using the 'algorithms' on the following pages.

Please refer to Roger Callahan's book 'Tapping the healer within' for more in-depth information.

Thought Field Therapy Instructions

1. Tune in to the thought field – this means thinking briefly about the problem you would like to resolve (a phobia, fear, anxiety etc) and bringing the issue briefly to the forefront of the mind.
2. Obtain a SUD rating – this necessitates writing down a ‘subjective unit of distress’ – using a scale of 0 –10. A ten would be very distressful when you think of the problem, whilst a six would be less severe. A zero would therefore indicate no distress when thinking about the problem to be dealt with – in this unique situation you would need to put yourself in an environment where a SUD rating could be made.
3. Choose the algorithm which you deem most appropriate to the problem you wish to overcome and ‘tap’ the areas indicated – the correct sequence is very important but the ‘tapping’ point is approximate (use two or three fingers to cover the general area to be tapped)

Thought Field Therapy Codes (for use with algorithms on next page)

eb	Tap eyebrow point (between eyebrows).
e	Tap under eye (high on cheek bone).
oe	Tap outside edge of eye socket bone about ½ inch from eye, near the temple.
a	Tap four inches below armpit (about level with nipple on men).
c	Tap collarbone point one inch below and right or left of collarbone notch (bottom of neck).
Lf	Tap little finger point (on inside tip of nail nearest thumb).
if	Tap index finger point (on the thumb side next to the nail).
th	Tap thumb point (outside edge next to nail).
mf	Tap middle finger (edge next to index finger).
un	Tap under nose.
ch	Tap on chin just under bottom lip.
g	Tap gamut spot on the back of the hand one inch from knuckles in valley between ring and little finger.
9g	Tap gamut spot with eyes open (5 taps), eyes closed (5 taps), eyes open, looking down to the left (5 taps), looking down to the right (5 taps), whirl eyes one direction (5 taps), whirl eyes other direction (5 taps), hum short tune (5 taps), count aloud from one to five (5 taps), hum tune again (5 taps).
sq	Repeat the initial majors sequence (ie., e, a, c).
er	Complete floor/ceiling eye roll (while tapping gamut spot). Hold head level and look downwards towards the feet with the eyes – to a count of eight slowly roll eyes upwards across floor, up wall and across ceiling as far as you can.
pr	Psychological reversal (reverses polarity of meridians). PR spot is located on the outside edge of hand, midway between the wrist and base of little finger. This is used if the algorithms appear to yield minimal results.
Mini pr	Tap gamut point about 15 times to reduce SUD if stuck around 2-4.
Cbb	Collarbone breathing. Use if stuck above SUD 1-2. Breathe normally – full, deep breath in and hold – let half out and hold - let rest out and hold – take half breath in and hold – release. <ol style="list-style-type: none">1. Simultaneously touch collarbone point (c) and tap gamut point (g)2. Repeat on other collarbone point using same hand3. Repeat on first collarbone point using knuckles of same two fingers4. Repeat on other collarbone point5. Repeat 1-5 using other hand on collarbone points

Thought Field Therapy Algorithms*

Most simple phobias/fear:	e, a, c, 9g, sq, er
Spiders, claustrophobia:	a, e, c, 9g, sq, er
Simple anxiety/stress:	e, a, c, 9g, sq, er
Addictive urge/general anxiety:	e, a, c, 9g, sq, er
“ “	e, c, a, c, 9g, sq, er
“ “	c, e, c, 9g, sq, er
“ “	a, e, c, 9g, sq, er
Simple trauma: rejection, grief	eb, c, 9g, sq, er
Complex trauma:	eb, e, a, c, 9g, sq, er
Complex trauma with guilt:	if, c, 9g, sq, er
(add to complex trauma algorithm)	
Complex trauma with anger:	Lf, c, 9g, sq, er
(add to complex trauma algorithm)	
Anger:	Lf, c, 9g, sq, er
Guilt:	if, c, 9g, sq, er
Simple relaxation:	er
Negative behaviour	pr
Abnormal clumsiness or awkwardness:	Cbb
Inhalant type allergy reactions:	mf, a, c, 9g, sq, er
Nasal congestion/stuffiness:	un, c, 9g, sq, er
Lung problems:	th, c, 9g, sq, er
Obsession and OCD:	c, e, c, 9g, sq, er
“	a, e, c, 9g, sq, er
“	e, a, c, 9g, sq, er
Rage:	oe, c, 9g, sq, er
Depression:	g (30-50 times), c, 9g, sq, er
Physical pain:	g (30-50 times), c, 9g, sq, er
Embarrassment:	un, 9g, sq, er
Shame:	ch, 9g, sq, er
Panic/anxiety disorder:	eb, e, a, c, 9g, sq, er
“ “	c, a, eb, c, 9g, sq, er
“ “	a, e, eb, c, 9g, sq, er
“ “	eb, a, e, 9g, sq, er
“ “	e, eb, a, Lf, 9g, sq, er
“ “	c, e, a, 9g, sq, er
Inability to visualise/overcoming addictions:	a, c, 9g, sq, er (when SUD below 3)
Jet lag (also try 'west to east' instead if necessary):	eb, c, 9g, sq, er (east to west)
	e, c, 9g, sq, er (west to east)

NB: Perform psychological reversal (pr) after first major sequence if there is no change in the SUD level.
 Perform mini psychological reversal (mini pr) after the second sequence if the SUD level is above 2.

Accomplishing goals

If you feel overwhelmed, indecisive or stressed it's time to take stock of the situation and ascertain the reasons for your problems. It's time to put your life back into order and to re-assess your goals and priorities. The following instructions and priority chart are a very simple and effective way to go about accomplishing this.

Evaluate your goals:

- First decide what your goals are in life.
- Now divide the list into short, medium or long-term goals.
- Remember to use positive language and exchange: *try, should or want*, for: *can, must and will*.
- For each goal state the reason why it's important to you. These can be either negative or positive statements as they can either; create greater pleasure or happiness, or; reduce pain and unhappiness.
- Write down how each of these will be achieved or advanced or maintained and in what timescale.
- Now commit to advancing or implementing at least one, if not all, items in this list in some way each day.
- Review the list each day and change the order of priorities depending on circumstances – be flexible and advance any items on this list as opportunities spontaneously arise.
- Re-evaluate this list periodically and be prepared to change it in light of new values or beliefs.
- Remember to rest and relax and take some time to yourself each day, so that you are able to notice opportunities when they do arise, and to be able to act on them effectively and efficiently.
- Remember the Ayurvedic maxim: 'Do less and accomplish more'.

Evaluate your priorities:

- To evaluate priorities for your goals use the chart below.
- Try and place each goal into one of the four boxes.
- The descriptions on the right of the boxes will guide you as to how you should deal with each priority.
- This technique can be really useful for day-to-day tasks in the home or office - you may need to be ruthless at times, but this will pay off in terms of reducing your stress and anxiety levels.

Time management priority chart

<p><i>Section 1</i></p> <p>Urgent Important</p>	<p><i>Section 2</i></p> <p>Not Urgent Important</p>
<p><i>Section 3</i></p> <p>Urgent Not Important</p>	<p><i>Section 4</i></p> <p>Not Urgent Not Important</p>

Top Left (section 1): These have to be dealt with as a matter of priority; there's little choice involved and they are, therefore, often stressful. As life becomes more structured and orderly this section should have less and less in it. The items that would go in here should have been foreseen and addressed in section 2.

Top Right (section 2): List here all the things that are important to you and have a positive, life-enhancing effect on you - socially, professionally and personally. These are things that make you, and everyone else around you, happier, healthier and more fulfilled. They improve relationships at home, and at work. As this list is calmly and efficiently advanced, there should be less and less tasks to go in the box to the left (urgent & important).

Bottom Left (section 3): These are things often imposed on us by other people (deadlines etc) and need not impact your life if you so choose. They are other people's priorities and should remain so.

Bottom Right (section 4): Delete them. Any items listed in here can be banished from your mind - they need not impact or concern you in any way.

Starting your Ayurvedic lifestyle

The best way to begin integrating an Ayurvedic lifestyle is to introduce it gradually; step by step. Start with things you know will be relatively easy for you to do without radically changing your existing habits or lifestyle. Once you have introduced one or two changes, and found them beneficial, introduce a couple more. Try to be patient and refrain from introducing more changes until the ones you've already incorporated have become fully integrated into your daily lifestyle. Don't worry if you can't follow them all of the time; just do as much as you can. In this way, the changes you've made will become second nature, and your friends and family will accept that this is the new you, and leave you to get on with it. Below is a suggested monthly plan.

Month One

- Retire to bed before 10pm (you can do this gradually by going to bed 10 minutes earlier than normal for one week. The following week, go to bed 10 minutes earlier again, and continue in a similar manner until you reach your target).
- Arise one hour before dawn (you can do this gradually by getting up 10 minutes earlier than normal for one week. The following week, get up 10 minutes earlier again, and continue in a similar manner until you reach your target).
- Meditate for 20 minutes after your morning shower and before your evening meal.
- Practice the 'Sun Salute' for 5 minutes before meditating.
- Scrape your tongue with a tongue-scraper before brushing your teeth.
- Aim to drink at least 2-3 pints of hot water each day (with lemon, ginger or peppermint).

Month Two

- Continue following the practices you have integrated into your life in month one and reflect on the benefits you have noticed so far.
- Eat your largest meal of the day at mid-day.
- Eat a light meal (ideally soup) before 7pm in the evening.
- Take 'ginger pickle' before your mid-day meal to increase appetite and help digestion.
- Choose the appropriate 'churnas' for your body-type and/or season and sprinkle on your food to balance the tastes and increase assimilation of food.
- Cut down on (or eliminate) your consumption of one or two of the following addictions: tea, coffee, sugar, confectionary, sweets, chocolate, smoking, alcohol, watching television.

Month Three

- Continue following the practices you have integrated into your life in month one and two and reflect on the benefits you have noticed so far.
- Cut down on (or eliminate) your consumption of meat and/or dairy products.
- Choose foods that are appropriate for your body-type and season.
- Stop buying processed, micro-waved, low fat and refined foods.
- Drink no more than one cup of hot water with meals or immediately after meals.
- Avoid iced drinks and ice-cream (especially during or immediately after meals).
- Cut down further on (or eliminate) your consumption of one or two of the following addictions: tea, coffee, sugar, confectionary, sweets, chocolate, smoking, alcohol, watching television.
- Take a 10 minute walk in nature each day.

Month Four

- Continue following the practices you have integrated into your life in the previous three months and reflect on the benefits you have noticed so far.
- Massage your body with sesame oil before bathing or showering.
- Massage your hair and scalp with coconut oil before bed.
- Practice 5 minutes of pranayama before meditation.
- Practice 10 minutes of yoga before pranayama.
- Cut down further on (or eliminate) your consumption of one or two of the following addictions: tea, coffee, sugar, confectionary, sweets, chocolate, smoking, alcohol, watching television.

Month Five

- Continue following the practices you have integrated into your life in the previous four months and reflect on the benefits you have noticed so far.
- Exchange your cosmetic products and toiletries for less toxic ones (see resources).
- Read some inspiring, motivation, personal development or spiritual literature each day.
- Increase your practice of yoga to 20 minutes each day.
- Aim to become less argumentative, judgemental and controlling of yourself and others.
- Have a day to yourself each week with plenty of rest and relaxation (and maybe a liquid fast).
- Take a 20-30 minute walk in nature each day.
- Cut down still further on (or eliminate) your consumption of one or two of the following addictions: tea, coffee, sugar, confectionary, sweets, chocolate, smoking, alcohol, watching television.

Month Six

- Continue following the practices you have integrated into your life in the previous five months and reflect on the benefits you have noticed so far.
- Practice the 'healing sounds' for 5-10 minutes each day.
- Eat a purely vegetarian diet most of the time.
- Go on a panchakarma detox retreat for 7-10 days to rejuvenate and revitalise the mind and body.
- Start an on-going Rasayana program taking Triphala and Chywanaprash (Amrit Kalash) daily.
- Buy an auger, masticating-type juicer and start drinking fresh, organic vegetable/fruit juices every day. Choose juices you like and are suitable for your body-type.
- Fast on Peya soup for one day a week.
- Eat mainly organic produce and cook it fresh each day.
- Cut out tea, coffee, sugar, confectionary, sweets, chocolate, smoking and alcohol from your life.

During the following six-months slowly integrate more of these suggestions if you haven't been able to already. Do not be too hard on yourself. Give yourself a reasonable time frame and accept that this may be much longer than is suggested here. It may take years until you can fully integrate everything but at least follow the most important ones; meditation, early nights and early mornings, exercise, drinking hot water and having light meals in the evening. It is worth noting that you may experience mild side effects such as headaches or loose bowels when you begin to cut back on toxic substances like alcohol or coffee. This is not a cause for concern; it is just your body beginning to detoxify. However, drinking lots of hot water will help lessen these symptoms and you can always cut back less drastically on these substances to integrate the change more smoothly.



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